



## Continuing Education Quiz for Counselors

Substance abuse counselors can earn two nationally certified continuing education (CE) hours by reading the indicated articles and completing the multiple-choice quiz below. This is an open-book exam. Complete the quiz by circling one of the multiple-choice answers. Be sure to answer all questions; unanswered questions will be scored as incorrect. You must score at least 70 percent to earn CE hours. Please note that we must receive your quiz by September 15, 2011.

### The Case for Considering Quality of Life in Addiction Research and Clinical Practice—Page 44

1. Quality of life is an important concern in substance use disorder (SUD) care because:
  - a. SUD is a chronic condition for most affected individuals;
  - b. many of those who drop out of treatment programs cite unmet social service needs;
  - c. reduction in drug use is always accompanied by concurrent improvements elsewhere;
  - d. a and b.
2. Patients with SUDs report quality of life:
  - a. equal to those of patients awaiting cardiac surgery;
  - b. as low or lower than those of patients with lung disease;
  - c. better than those with diabetes;
  - d. all of the above.
3. Reductions in substance use have the following effects on quality of life:
  - a. improved mental functioning;
  - b. decreased social and emotional problems;
  - c. improved physical abilities;
  - d. all of the above.

### Prenatal Tobacco, Marijuana, Stimulant, and Opiate Exposure: Outcomes and Practice Implications—Page 57

1. Metabolites of drugs can affect a developing fetus in the following manner:
  - a. they penetrate the fetal blood-brain barrier;
  - b. they enter the fetal bloodstream via the umbilical cord;
  - c. a and b;
  - d. they cannot harm the fetus, because the placenta protects it from harmful drug metabolites.
2. Prenatal tobacco exposure is associated with:
  - a. higher birth weight;
  - b. greater muscle tension in infants;
  - c. increased head circumference;
  - d. decreased likelihood of tobacco use in adolescence.
3. Heroin-addicted pregnant women who receive methadone maintenance therapy, compared to those who do not receive that therapy:
  - a. attend more prenatal care sessions;
  - b. are more likely to use heroin after giving birth;
  - c. have infants with higher birth weights;
  - d. a and c.

### The Good Behavior Game and the Future of Prevention and Treatment—Page 73

1. The aim of the Good Behavior Game (GBG) is to:
  - a. help teachers write challenging curricula;
  - b. show researchers how to work with children;
  - c. improve classroom behavior and introduce young children to the role of being a student and a member of the classroom community;
  - d. instruct parents on how to help their children with homework.
2. Males who played the GBG in first grade:
  - a. had significantly reduced levels of aggressive and disruptive behavior in sixth grade;
  - b. had fewer drug use disorders as young adults;
  - c. were less likely to be incarcerated for violence;
  - d. all of the above.
3. The GBG is a “universal intervention,” which means:
  - a. all children in the classroom showed improvements in behavior;
  - b. it addresses the entire classroom population,

- c. all schools were made to participate;
- d. all of the children selected for the intervention were at high risk.

### This issue of *Addiction Science & Clinical Practice* has the following objectives for drug abuse treatment providers and researchers:

- to consider how to integrate quality-of-life issues into addiction research and the treatment of people with substance use disorders;
- to review current knowledge of prenatal effects of drugs on the developing fetus and child and to evaluate treatment options for pregnant women who use drugs;
- to describe a method for classroom behavior management in the early grades, report how it reduces problems among the young adults who experienced it, and examine how these findings can be used to design other universal prevention programs.

### Please rate the following on a 1 to 5 scale, by circling the appropriate number:

1. To what extent did these articles accomplish these learning objectives?

Completely	Adequately	Not at All		
1	2	3	4	5
2. To what extent did you learn something useful to your profession?

Completely	Adequately	Not at All		
1	2	3	4	5
3. Was the information well presented?

Completely	Adequately	Not at All		
1	2	3	4	5

Please print legibly, copy page, and mail with your \$25 payment to: AS&CP CE Quiz, RTI International, 6110 Executive Boulevard, Suite 902, Rockville, MD 20852. Quiz and payment must be received by September 15, 2011.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone ( ) \_\_\_\_\_

I certify that I have answered the test questions without any help.

Signed \_\_\_\_\_ Date \_\_\_\_\_

☐ Check ☐ VISA ☐ MasterCard

Card No. \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name, exactly as it appears on card

Signed \_\_\_\_\_

Make checks payable to RTI International. In about 6 weeks you will receive notification of the results and, if you score 70 percent or higher, a certificate of completion. The National Institute on Drug Abuse, publisher of *Addiction Science & Clinical Practice*, is a NAADAC-approved provider of continuing education home study.